

Volume 7 ISSUE 2-SUMMER 2016

RSVP NEWSLETTER



RSVP VOLUNTEER APPRECIATION LUNCHEON

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RSVP LUNCHEON 2016



PROCLAMATION

WHEREAS, APPROXIMATELY 486,000 NEW MEXICANS ARE 60 YEARS OF AGE OR OLDER; AND
 WHEREAS, NEW MEXICO'S AGING AND LONG TERM SERVICES DEPARTMENT IS COMMITTED TO
 HELPING ALL NEW MEXICANS LIVE HEALTHY, INDEPENDENT, HIGH QUALITY LIVES AND TO PROMOTING OPPORTU-
 NITIES FOR ELDER EMPLOYMENT, VOLUNTEERISM, EXERCISE, ENGAGEMENT, LEARNING AND NUTRITION; AND
 WHEREAS, OLDER NEW MEXICANS ARE IMPROVING THEIR COMMUNITIES THROUGH GENEROUS
 SERVICE AND BY TRANSMITTING THE LESSONS AND VALUES THEY HAVE LEARNED OVER A LIFETIME; AND
 WHEREAS, NEW MEXICO RECOGNIZES THAT OLDER ADULTS ARE TRAILBLAZERS ADVOCATING
 FOR THEMSELVES, THEIR PEERS AND THEIR COMMUNITIES, PAVING THE WAY FOR FUTURE GENERATIONS; AND
 WHEREAS, NEW MEXICO WILL HAVE THE THIRD LARGEST POPULATION PER CAPITA OF THOSE
 WHO ARE 60 AND OLDER BY 2030; AND

WHEREAS, NEW MEXICO RECOGNIZES THAT HELPING OLDER ADULTS REMAIN HEALTHY AND
 ACTIVE IS CRITICAL TO OUR SUCCESS AS A STATE; AND

WHEREAS, THIS MONTH PRESENTS AN OPPORTUNITY TO THANK OLDER ADULTS AND THE PEOP-
 LE WHO SUPPORT THEM AS POWERFUL CONTRIBUTORS TO OUR COMMUNITY, AND TO THINK ABOUT WHAT AGING
 SHOULD MEAN IN NEW MEXICO;

NOW, THEREFORE, I, SUSANA MARTINEZ, GOVERNOR OF THE STATE OF NEW MEXICO, DO
 HEREBY PROCLAIM THE MONTH OF MAY, 2016, AS 'OLDER AMERICANS MONTH' THROUGHOUT THE STATE
 OF NEW MEXICO.

LONG TERM CARE OMBUDSMAN:

The New Mexico Aging & Long Term Services Dept. includes an ombudsman program that is resident centered, to advocate for the civil and human rights of people living in long term care facilities. The ombudsman conducts regular visits to nursing homes and assisted living facilities. The ombudsman also advocates for those residents' rights, investigates complaints, helps resolve concerns and ensure residents of long term care facilities receive the quality of care they deserve. **THIS IS A FREE** all parties to ensure a safe and successful transition. You can reach the Ombudsman program in Albuquerque toll free at 1-866-842-9230.

BENEFITS CONNECTION CENTER:

Adelante Development Center runs a free service for low income seniors 65 and over, and anyone with a disability who is 21 or over. Their "Benefits Connection Center" can provide information about benefits you may be eligible for, including Medicare Part D low income subsidy, the Medicare Savings Program, Medicaid, SNAP (food stamps), supplemental security income (SSI), and LIHEAP (assistance with heating bills). You can reach the Benefits Connection Center in Albuquerque at 505-273-5222 or toll free at 1-844-266-2236.

**DIANE EATON SELECTED
AS NEW DIRECTOR OF
OLDER AMERICANS
PROGRAM**

Diane Easton replaces the now retired Jose Campos as director of Valencia County's Older Americans Program (OAP). In the past she has owned and operated restaurants, having worked in the food service industry for most of her adult life. Diane Eaton's office is in the Belen Senior Center on South Main Street. She can be reached at 505-864-2663.

WHAT IS RSVP?

RSVP, which stands for Retired and Senior Volunteer Program, is a nationwide program with chapters all over the USA, connecting volunteers 55 and over with opportunities to provide their time to their communities. RSVP is one of three programs under Senior Corps, the other programs being Senior Companions and Foster Grandparents. In turn Senior Corps is just one part of the Corporation for National and Community Service (CNCS), a federal agency that helps more than five million Americans improve the lives of their fellow citizens through service.

Loving Memory of Annie Sanchez

Annie Sanchez was an RSVP's Asst. for 15 Years and was also RSVP heart and soul. Annie lost her battle with cancer on Sunday, June 5, 2016. We will miss you and never forget what you did for RSVP and Seniors in Valencia Co. Thank You for all your dedication and hard work.



**2016 38th
Annual New
Mexico Confer-
ence on Aging
August 23-24
Isleta Resort
and Casino
Supporting
Active Aging**

**INGREDIENTS****1 package Luvo Steel Cut Oatmeal**

- 1/2 teaspoon coconut oil, melted
- 1/2 teaspoon honey
- 1/3 cup almonds
- 1 cup plain yogurt
- 1/4 teaspoon ground cinnamon
- 1 tablespoon shredded, unsweetened coconut
- fresh berries, optional

- Preheat the oven to 300°F and line a small sheet pan with parchment paper.
- Prepare oatmeal according to package directions. Allow to cool.
- While oatmeal is cooking, prepare the almonds: Combine the melted coconut oil and the honey in a small mixing bowl. Add the almonds and a pinch of Kosher salt and toss to coat. Spread the almonds out on the prepared sheet pan. Bake 6 minutes, then add the coconut and toss. Cook an additional 5 minutes. Remove from the oven and allow to cool.
- Mix yogurt with the cinnamon and portion into the bottom of serving bowls or parfait glasses. Distribute the cooled oatmeal among the bowls/glasses, along with the fruit mixture. Garnish with toasted coconut almonds. Add fresh berries, if desired. Serves 2.



“Nothing in this world compares to the comfort and security of having someone just hold your hand.”



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JUNE 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Fred Luna Sr Center Dance 10-12pm	2 Del Rio Sr Center Dance 10-12pm	3	4
5	6	7 Belen Sr Center Dance 10-12	8 Fred Luna Sr Center Dance 10-12	9 Del Rio Sr Center Dance 10-12	10	11 Shavuot begins at Sundown
12	13	14 FLAG DAY Belen Sr Center Dance 10-12	15 Fred Luna Sr Center Dance 10-12	16 Del Rio Sr Center Dance 10-12	17	18
19 Father's Day	20 Summer Begins	21 Belen Sr Center Dance 10-12	22 Fred Luna Sr Center Dance 10-12	23 Del Rio Sr Center Dance 10-12	24	25
26	27	28 Belen Sr Center Dance 10-12	29 Fred Luna Center Dance 10-12	30 Del Rio Center Dance 10-12		

JULY 2016

SunSun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Independ- ence Day	5 Belen Sr Center Dance	6 Fred Luna Sr Center	7 Del Rio Sr Center Dance	8	9
10	11	12 Belen Sr Center Dance	13 Fred Luna Sr Center	14 Del Rio Sr Center Dance	15	16
17	18	19 Belen Sr Center Dance 10-	20 Fred Luna Sr Center Dance 10-12	21 Del Rio Sr Dance 10- 12pm	22	23
24 Parents Day	25	26 Belen Sr Center Dance 10-12pm	27 Fred Luna Sr Center Dance 10-12	28 Del Rio Sr Dance 10- 12pm	29	30

AUGUST 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Belen Sr Center Dance 10-	3 Fred Luna Sr Center Dance 10-	4 Del Rio Sr Center Dance 10-	5	6
7	8	9 Belen Sr Center Dance 10-	10 Fred Luna Sr Center Dance 10-12	11 Del Rio Sr Center Dance 10-	12	13
14 V-J Day	15	16 Belen Sr Center Dance 10-	17 Fred Luna Sr Center Dance 10-12	18 Del Rio Sr Center Dance 10-	19	20
21 Senior Citizens Day	22	23 Belen Sr Center Dance 10-	24 Fred Luna Sr Center Dance 10-12	25 Del Rio Sr Center Dance 10-	26	27
28	29	30 Belen Sr Center Dance 10-	31 Fred Luna Sr Center Dance 10-12			

JOAN ARVIZU 6/13
DONNA BACA 6/16
DEBORA BELLINGER 6/6
ANGELINA BRADSHAW 6/12
JOE RAY CARRILLO 6/3
BRUCE COLEMAN 6/13
DORIS DURAN 6/30
DIANE FIGGE 6/4
TONI GONZALES 6/9
ANNA MARIE HERRERA 6/14
JANICE JOHNSON 6/7
JANIS MARSTON 6/14
MANUEL RODRIGUEZ 6/17
VINCENT ROSELLI 6/4
ELIZABETH SCHMITZ 6/24
PEGGY WINTERS 6/3
HELEN ABEYTA 7/14
PATRICIA ALVARADO 7/13
DORIS DEWEY 7/23
EMILY ENCINAS 7/7
LUPE GARCIA 7/6
LEWIS GREEN 7/6
CARLOS HERRERA 7/20

HILDA HIDALGO 7/13
MARTHA MARQUEZ 7/29
LILLIE McNABB 7/29
GARY NICHOLS 7/25
LOIS PETTIS 7/7
ANDREA CAMP 8/19
RITA CHAVEZ 8/24
ROSIE CHAVEZ 8/27
SALLY CHAVIRA 8/29
MICKEY CONE 8/30
ALICE HAYES 8/15
EILEEN HENRY 8/22
MARY MACPHERSON 8/10
ROSALIE MARQUEZ 8/31
TONI McDONALD 8/23
JOHN OCANAS 8/13
NANCY RODRIGUEZ 8/22
REX SEEDIG 8/14
SHIRLEY STOTTS 8/31
JOHN ZOLLAN 8/9
CARLOS HERRERA 7/20